

Older Adults

COMPUTERS: MS WORD ESSENTIALS

Learn to create, save, retrieve, rename and delete documents. Learn text selection techniques, editing, cut/copy/paste, spell/grammar check, and using Thesaurus. Learn to use important toolbars. A suggested donation of \$15 is due at the first class.

Rogers Senior Center Computer Lab

Staff, Recreation

4802.201	50yrs +	4/07-4/28	9:00am-12:00pm	W	\$5
4802.202	50yrs +	6/09-6/30	9:00am-12:00pm	W	\$5

COMPUTERS: ORGANIZE YOUR COMPUTER ONCE & FOR ALL

Master the Windows filing system, clean up your hard drive, clean up and organize your desktop. A suggested donation of \$5 is due at the first class. Prerequisite: Windows Essentials course, familiarity with the Windows environment and some experience using the Internet.

Rogers Senior Center Computer Lab

Staff, Recreation

4807.201	50yrs +	5/05-5/12	9:00am-12:00pm	W	\$5
4807.202	50yrs +	5/19-5/26	9:00am-12:00pm	W	\$5

COMPUTERS: PHOTO ORGANIZING & MORE

Rogers Senior Center Computer Lab

Staff, Recreation

Organize, edit, and share digital pictures using Google's free Picasa program. Learn how to Import/export, and relocate pictures; improve color, lighting, crop, fix red eye and do other edits; share pictures via WEB albums, CDs, emails, print and much more. A suggested donation of \$10 is due at the first class.

4806.201	50yrs +	4/09-4/23	9:00am-12:00pm	F	\$5
4806.202	50yrs +	5/14-5/28	9:00am-12:00pm	F	\$5
4806.203	50yrs +	6/04-6/18	9:00am-12:00pm	F	\$5

Parks & Recreation Programs

Stay Fit!



...the benefits are endless

Sports

YOUTH SPORTS

The City of Huntington Beach Youth Sports Program stresses the importance of teaching young people not only the rules and strategies of games, but important lessons about life as well. Positive youth sports programs help young people develop confidence and self-esteem, help them learn to resolve conflicts peacefully, teach them ways to take care of their health and well-being, and help them develop skills for communicating with others. Coaches, spectators, families and participants are encouraged to be mindful that these programs are designed to develop the whole person, not just the athletes, and that sports-manship is a required element of the City of Huntington Beach Youth Sports Program.

JUNIOR SOCCER

This non-competition introduction to soccer is a great way to start boys and girls off with a positive and fun learning experience in youth sports. Boys and girls will be introduced to the fundamentals of soccer through game based drills, hands on instruction and scrimmages. Program will take place under the lights at the central park sports complex on the artificial turf soccer fields! Each participant will receive a team shirt and all soccer equipment will be made available.

Sports Complex Tournament Fields

Staff, Recreation

7726.100	6yrs to 8yrs	4/13-5/18	6:00pm-6:50pm	Tu	\$50
7726.101	6yrs to 8yrs	4/15-5/20	6:00pm-6:50pm	Th	\$50

PEE WEE SOCCER

This non-competition introduction to soccer is a great way to start boys and girls off with a positive and fun learning experience in youth sports. Boys and girls will be introduced to the fundamentals of soccer through game based drills, hands on instruction and scrimmages. Program will take place under the lights at the central park sports complex on the artificial turf soccer fields! Each participant will receive a team shirt and all soccer equipment will be made available.

Sports Complex Tournament Fields

Staff, Recreation

7725.100	3yrs to 5yrs	4/13-5/18	4:00pm-4:50pm	Tu	\$55
7725.101	3yrs to 5yrs	4/13-5/18	5:00pm-5:50pm	Tu	\$55
7725.102	3yrs to 5yrs	4/13-5/18	6:00pm-6:50pm	Tu	\$55
7725.103	3yrs to 5yrs	4/15-5/20	4:00pm-4:50pm	Th	\$55
7725.104	3yrs to 5yrs	4/15-5/20	5:00pm-5:50pm	Th	\$55
7725.105	3yrs to 5yrs	4/15-5/20	6:00pm-6:50pm	Th	\$55
7725.106	3yrs to 5yrs	4/17-5/22	9:00am-9:50am	Sa	\$55
7725.107	3yrs to 5yrs	4/17-5/22	10:00am-10:50am	Sa	\$55

SHOOTING STARS SOCCER

Shooting Stars Soccer is an instruction/fun based soccer program for boys and girls with special needs between the ages of 11-21. Soccer equipment and protective gear will be made available for all program participants. Shooting Stars Soccer will be held at the Central Park Sports Complex on the artificial turf soccer fields.

Sports Complex Tournament Fields

Staff, Recreation

7727.100	11yrs to 21yrs	4/17-5/22	11:00am-11:50am	Sa	\$50
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Sports

ADULT SPORTS

ADULT SIX'S VOLLEYBALL LEAGUE

Monday & Wednesday Nights 6:00-10:00 pm
Winter, Spring, Summer & Fall Sessions

A structured, competitive volleyball league for players of various skill levels. New teams are evaluated and placed in an appropriate divisional level. We work with individuals to place them on just the right team. Three levels of Coed (3-men & 3-women) is offered on Monday nights. Advanced Women's League is offered on Wednesday nights. Games will be played at the City Gym. Each team must pay directly to the official a fee of \$12 before each match. Each match consists of three games. To enter a team or join an existing team, call the City Gym at (714) 960-8884 or Rics Volleyball (714) 375-5063.

City Gym Gymnasium

Promotions LLC, Win Win

7900.201

Adult

\$231

MEN'S ADULT RECREATIONAL BASKETBALL LEAGUE

Basketball leagues are played on Sundays and are arranged by the overall skill level of each team to ensure competitiveness. Leagues are height restricted - 6'0" and under and 6'5" and under (with a 1" allowance). Each team is also responsible for a \$30 game fee each week to cover two officials and a scorekeeper/statistician. The last two game fees are collected with the registration fee as a deposit against forfeits. For more information please go to hoopsunlimited.com or call the City Gym and Pool at (714) 960-8884 for registration information.

City Gym Gymnasium

Walker, Marty

7901.201

Adult

\$426

ADULT SOFTBALL

The Huntington Beach Community Services Department offers year round adult softball leagues for Men and Coed teams. The Summer season will begin the week of May 10, 2010 and continue for approximately eleven weeks. Men's teams play Monday, Tuesday, Thursday, Friday or Sunday. Coed teams play Wednesday, Friday or Sunday. Team registration costs are \$420.00 plus umpire fee. The umpire fee (\$15) is paid at each game directly to the umpire. Deadline for registration is Thursday, April 22, 2010. Late-Registration will be taken after the deadline if league space permits. All accepted late registration is subject to a \$25.00 late fee. Registration packets are available starting the week of March 29, 2010, at City Hall, on the City website or by mail. Individuals who wish to join a team may call the Community Services Department at 714-536-5486 and will be put on an eligibility list made available to the team managers.

Swimming

REC AND LAP SWIM City Gym And Pool

FREE SWIM LEVEL TESTING

Please call ahead to reserve a spot (714 960-8884)

All Ages	3/3	6:30pm-7:30pm	W	Free
All Ages	3/8	6:30pm-7:30pm	M	Free

RECREATIONAL SWIM

All Ages	6:30pm-8:00pm	MW	\$2
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ADULT SWIM

Adult	8:00pm-8:30pm	MW	\$2
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SENIOR CITIZEN SWIM

50+	3:30pm-5:00pm	F	Free
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LAP SWIM

Huntington Beach High School Pool

All Ages	6:00am-8:00am	MW	\$3
All Ages	6:30pm-8:00pm	TTh	\$3

Registration on page 36

Swimming

SWIMMING: PARENT AND ME

This class promotes comfort, safety and enjoyment in and around the water. One adult per child is required. Children must wear tight plastic pants or a swim diaper. Maximum 12 students per instructor. No class Monday, May 31.

City Gym Pool

Staff, Aquatics

8500.201	6mths to 3yrs	3/29-4/28	10:15am-10:55am	M W	\$45
8500.202	6mths to 3yrs	3/30-4/29	10:15am-10:55am	Tu Th	\$45
8500.203	6mths to 3yrs	3/30-4/29	5:45pm-6:25pm	Tu Th	\$45
8500.204	6mths to 3yrs	5/03-6/07	10:15am-10:55am	M W	\$45
8500.205	6mths to 3yrs	5/04-6/03	10:15am-10:55am	Tu Th	\$45
8500.206	6mths to 3yrs	5/04-6/03	5:45pm-6:25pm	Tu Th	\$45
8500.207	6mths to 3yrs	4/03-6/05	10:15am-10:55am	Sa	\$45
8500.208	6mths to 3yrs	4/03-6/05	11:00am-11:40am	Sa	\$45

SWIMMING: TINY TOTS

This class is designed to introduce swimming and water safety skills to children of preschool ages. Students will learn breath control, body position and basic swimming skills. Max 6 students per instructor. No class Monday, May 31.

City Gym Pool

Staff, Aquatics

8501.201	3yrs to 5yrs	3/29-4/28	9:30am-10:10am	M W	\$45
8501.202	3yrs to 5yrs	3/29-4/28	11:00am-11:40am	M W	\$45
8501.203	3yrs to 5yrs	3/29-4/28	2:00pm-2:40pm	M W	\$45
8501.204	3yrs to 5yrs	3/29-4/28	2:45pm-3:25pm	M W	\$45
8501.205	3yrs to 5yrs	3/30-4/29	9:30am-10:10am	Tu Th	\$45
8501.206	3yrs to 5yrs	3/30-4/29	11:00am-11:40am	Tu Th	\$45
8501.207	3yrs to 5yrs	3/30-4/29	11:45am-12:25pm	Tu Th	\$45
8501.208	3yrs to 5yrs	3/30-4/29	2:00pm-2:40pm	Tu Th	\$45
8501.209	3yrs to 5yrs	3/30-4/29	2:45pm-3:25pm	Tu Th	\$45
8501.210	3yrs to 5yrs	5/03-6/07	9:30am-10:10am	M W	\$45
8501.211	3yrs to 5yrs	5/03-6/07	11:00am-11:40am	M W	\$45
8501.212	3yrs to 5yrs	5/03-6/07	2:00pm-2:40pm	M W	\$45
8501.213	3yrs to 5yrs	5/03-6/07	2:45pm-3:25pm	M W	\$45
8501.214	3yrs to 5yrs	5/04-6/03	9:30am-10:10am	Tu Th	\$45
8501.215	3yrs to 5yrs	5/04-6/03	11:00am-11:40am	Tu Th	\$45
8501.216	3yrs to 5yrs	5/04-6/03	11:45am-12:25pm	Tu Th	\$45
8501.217	3yrs to 5yrs	5/04-6/03	2:00pm-2:40pm	Tu Th	\$45
8501.218	3yrs to 5yrs	5/04-6/03	2:45pm-3:25pm	Tu Th	\$45
8501.219	3yrs to 5yrs	4/03-6/05	8:00am-8:40am	Sa	\$45
8501.220	3yrs to 5yrs	4/03-6/05	8:45am-9:25am	Sa	\$45
8501.221	3yrs to 5yrs	4/03-6/05	9:30am-10:10am	Sa	\$45
8501.222	3yrs to 5yrs	4/03-6/05	11:45am-12:25pm	Sa	\$45

SWIMMING: LEVEL 1 WATER EXPLORATION

This class is designed to build confidence and develop safety skills in and around water for a child with little or no prior swimming instruction. Students will learn breath control, body position and basic water adjustment skills. Max 8 students per instructor. No class Monday, May 31.

City Gym Pool

Staff, Aquatics

8502.201	6yrs to 16yrs	3/29-4/28	3:30pm-4:10pm	M W	\$45
8502.202	6yrs to 16yrs	5/03-6/07	3:30pm-4:10pm	M W	\$45
8502.203	6yrs to 16yrs	4/03-6/05	12:30pm-1:10pm	Sa	\$45

SWIMMING: LEVEL 2 PRIMARY SKILLS

Water comfort and safety will be taught in this class. Rhythmic breathing will be introduced along with front and backstroke skills. Maximum 10 students per instructor. No class Monday, May 31.

City Gym Pool

Staff, Aquatics

8503.201	6yrs to 16yrs	3/29-4/28	4:15pm-4:55pm	M W	\$45
8503.202	6yrs to 16yrs	3/30-4/29	3:30pm-4:10pm	Tu Th	\$45
8503.203	6yrs to 16yrs	5/03-6/07	4:15pm-4:55pm	M W	\$45
8503.204	6yrs to 16yrs	5/04-6/03	3:30pm-4:10pm	Tu Th	\$45
8503.205	6yrs to 16yrs	4/03-6/05	12:30pm-1:10pm	Sa	\$45

Huntington Beach High School Pool

Staff, Aquatics

8510.201	6yrs to 16yrs	4/03-6/05	10:30am-11:10am	Sa	\$45
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